

Resilient Wellbeing

with

Teresa Larkin



An Invitation

- ▷ to reconnect, rediscover your own natural resilience
- ▷ to move from self-criticism to self-belief and resilience
- ▷ to move from surviving to thriving through challenging times

Description of course

- ▷ exploring the nature of resilience itself
- ▷ looking at the ABC of resilience:
 1. meeting adversity
 2. beliefs
 3. commitment to self and your values
- ▷ the importance of self-care and self-compassion when dealing with difficulties and challenge
- ▷ the course will be delivered within a mindful context with ample time for reflection, music and poetry.

Cost: €60 for four mornings

When: Tuesdays, 10.30am—12.30am, beginning January 15

Where: DOMINICAN RETREAT CENTRE, Tallaght Village, D24 KA40

(01) 404 8123 / 404 8189
retreathouse@eircom.net
www.domsrc.ie
www.goodnews.ie